

BARRES ASYMETRIQUES

Nom:

RD = réussite d'entrée

Entourez les bonnes abréviations, exemple:

Prénom:

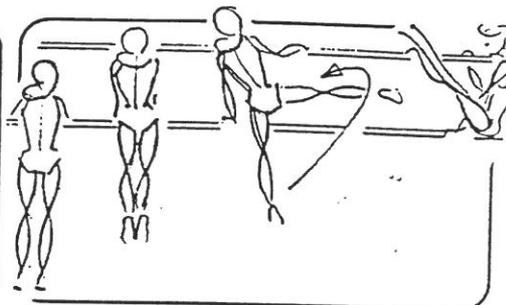
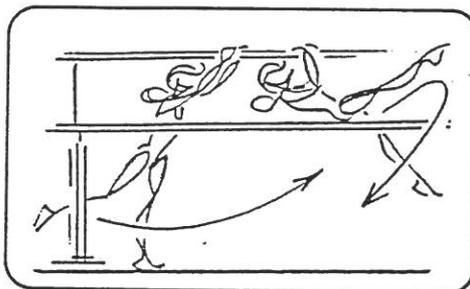
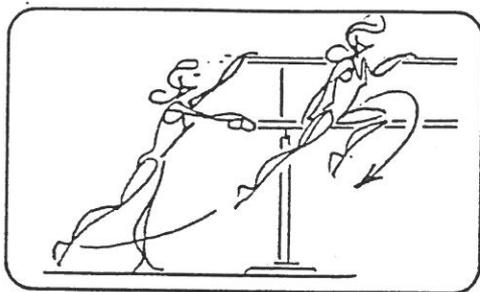
RE = réussite après entraînement

Classe:

TD = trop difficile!

RD

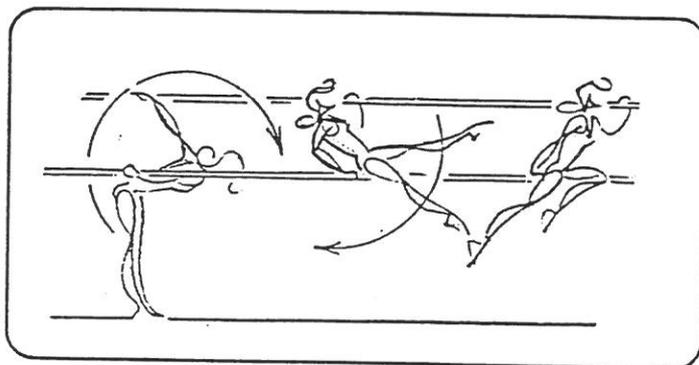
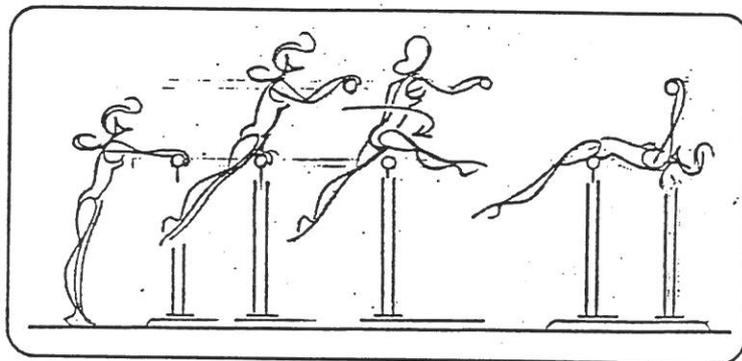
Les entrées



1. RD RE TD

2. RD RE TD

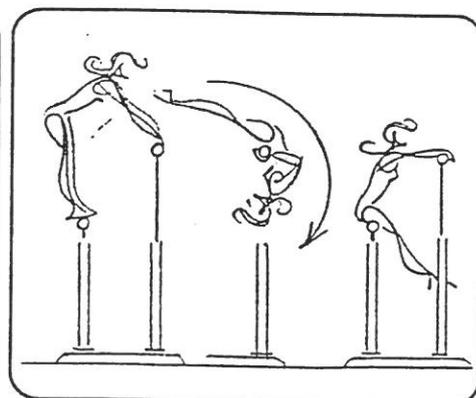
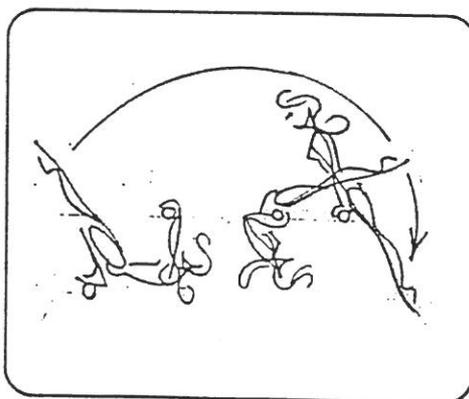
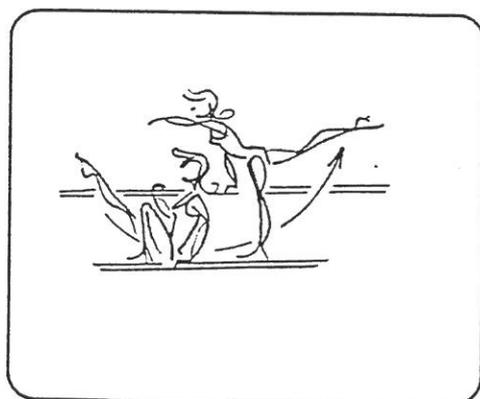
3. RD RE TD



4. RD RE TD

5. RD RE TD

L'élément central



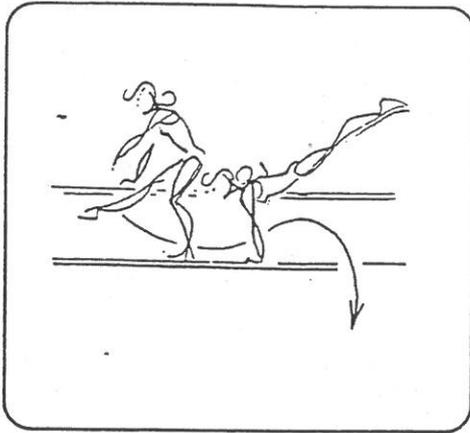
6. RD RE TD

7. RD RE TD

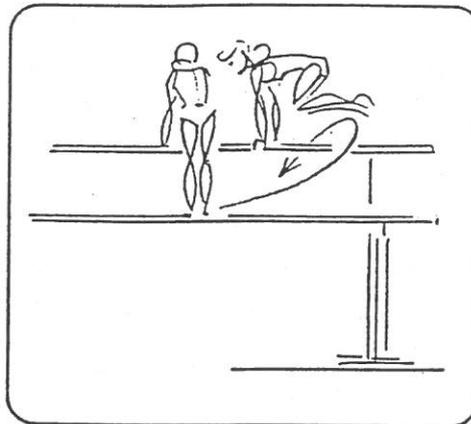
8. RD RE TD

BARRES ASYMETRIQUES (suite)

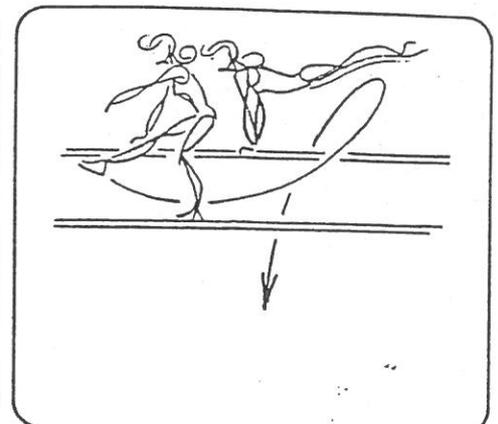
Les sorties



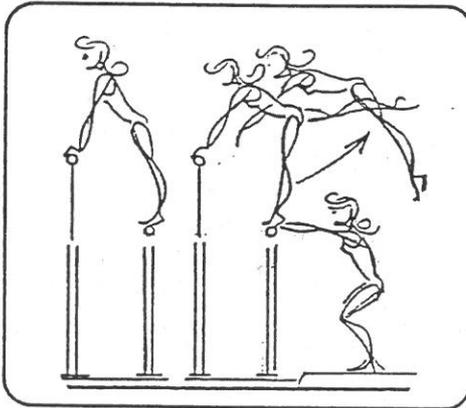
9 RD RE TD



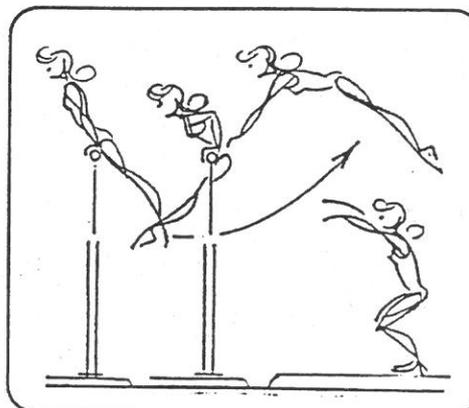
10 RD RE TD



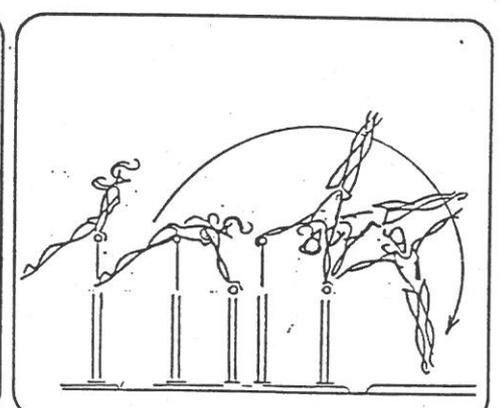
11 RD RE TD



12 RD RE TD



13 RD RE TD



14 RD RE TD

Ma combinaison de 3 éléments:

no + no + no

APPRECIATION FINALE

- TB = exécuté avec tenue et aisance
- B = exécuté mais perfectible
- S = exécuté avec difficulté ou avec aide
- I = 1 ou plusieurs éléments échoués

Nombre d'entraînements:

(relevez les dates)

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APPRECIATION OBTENUE: